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THE YEAR AHEAD

by Frank DeMarco

When we complain about the way society is, usually in the name of “how it should be,” we add energy to the negativity, and make things worse. (This very negative practice may come disguised as idealism. Think of liberals and conservatives, attacking pretty nearly any issue from their own perpetual crusading viewpoint, blaming the problem on the actions of others.)

So how do we criticize what’s wrong without adding our energy to it? I think the key is what Carl Jung pointed out long ago: Condemnation always isolates. Only understanding heals. You need to be clear on your priorities. Do you merely want to assess blame, or do you want to heal society? If the former, feel free to point fingers, but don’t delude yourself into thinking you are doing something constructive. If the latter, concentrate on rational analysis, without laying blame on others.

Rational analysis, rather than fear or hatred, was John F. Kennedy’s forte, after all.